

Philosophy of Hope and Fear

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Divine Light

Do not lose hope in the mercy of Allah, for no one loses hope in Allah's mercy except those with no faith [Disbelievers].

[Surah Yusuf, Ayat 87]

The (best) end is for those who fear Allah.

[Surah Al-Qasas, Ayat 83]



Build your hope

Section I

Colors of Hope

Believing

- I will get what Allah wills

Confidence

- If I do it right, the outcome will be favorable

Light at the end

- My problems are short-term, future will be bright

Power of Hope

Believing in future builds positive outlook

Confidence makes us rely on given resources in the given situation

Light at the end is a natural source of energy and excitement

Hope and Fate

Belief, confidence, and light at the end are the rewards of faith [Ema'an] and traits of progress and discipline

- It instills surety in life, naturally...

Distrust, anxiety and seeing no light at the end are the rewards of disbelief [Kufar] and traits of failure and disaster

- I forces to act cynical and panic...



Know your fear

Section II

Colors of Fear

Anxious

- Indeed! It is so much important; I can't afford to lose it

Concerned

- WOW! I have done it, but I should try doing it even better next time

Threatened

- Oh! The place is so scary; I must escape from here

Fear a Friend or Foe

Anxiousness strengthens my
commitment to goals and
perseverance to face challenges

Concern helps me walk an extra mile

Threat keeps me disciplined. [However,
excessive threat forces me to
withdraw]

Fear and Fate

Anxiousness, concern and threat are signs of faith [Ema'an] and traits of progress and discipline

- Let people value, feel responsible and act...

Ignorance, complacency and comfort are signs of disbelief [Kufar] and traits of failure and disaster

- Force people to stay in denial and inertia...

Lesson

- Never let loose hope and do not fear the fear
- Build belief; confidence; and see the light at the end to win
- Learn to handle Anxiousness; Concern; and Threat in a constructive way
- Live with fear and hope for a progressive life

